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ABSTRACT

This workbook, the fourth in a five-volume series on vocational programs for the handicapped (see note), is an illustrated student guide for a food preparation task in a home economics course. The workbook provides step-by-step procedures, each accompanied by photographs, for making blender cheesecake. (CP)

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The CAP Approach To Modifying Vocational Programs For Handicapped Students

Vol. 4 Home Economics With An Example In Food Preparation

Student Workbook

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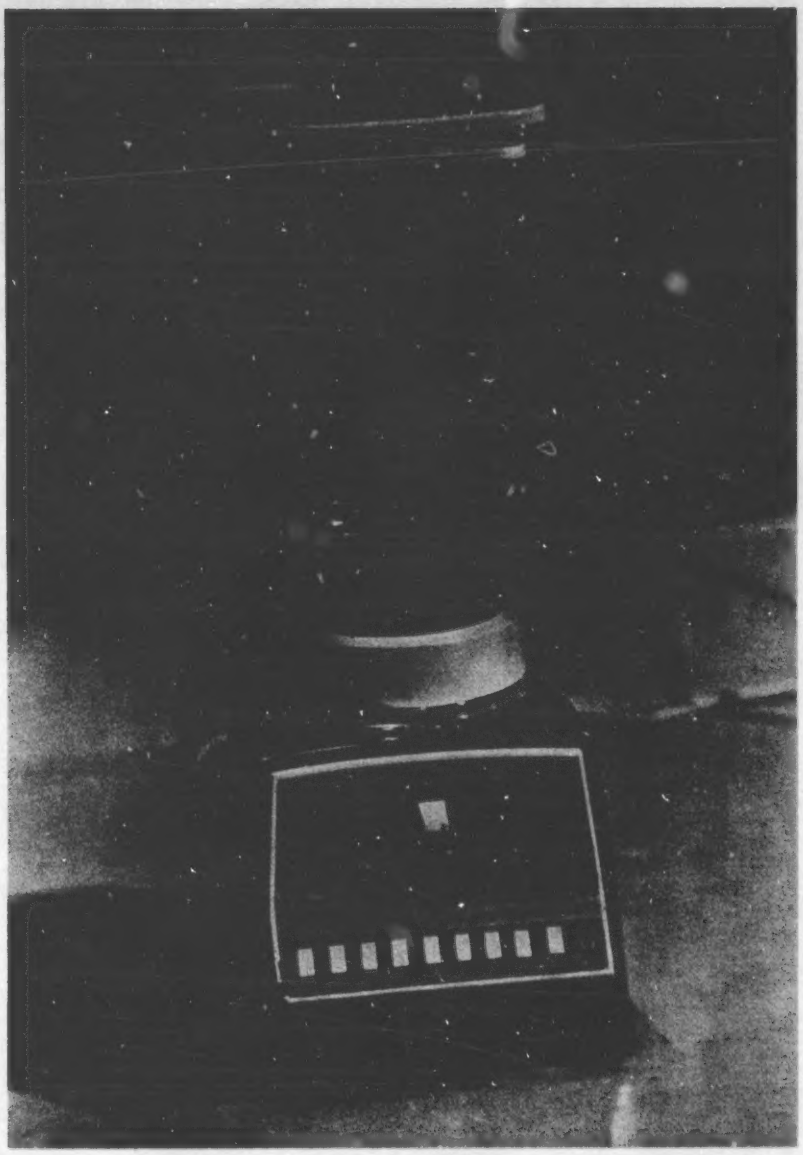
Today we are going to make a cheesecake using a blender. I will explain each step in making a cheesecake as we go along. The pictures and words in the workbook will also help you understand each step.

It is important for you to *listen carefully* to *all* of the directions for each step before you do the work. The tape will be silent after it tells you what to do, so you will have plenty of time to follow the directions. Before it tells you the next step, it will say, "Ready for the next step?" If you are not ready, you can push the stop button so you will have plenty of time to do the work. Then when you are ready for the next step, you can push the play button.

Have you tied back your hair, put on you apron, and washed your hands? Yes? O.K. We're ready to start.

Turn to page 2 in your workbook.



This is an electric blender. It can help a person make foods like jello molds, breads, casseroles, malts, and cakes.

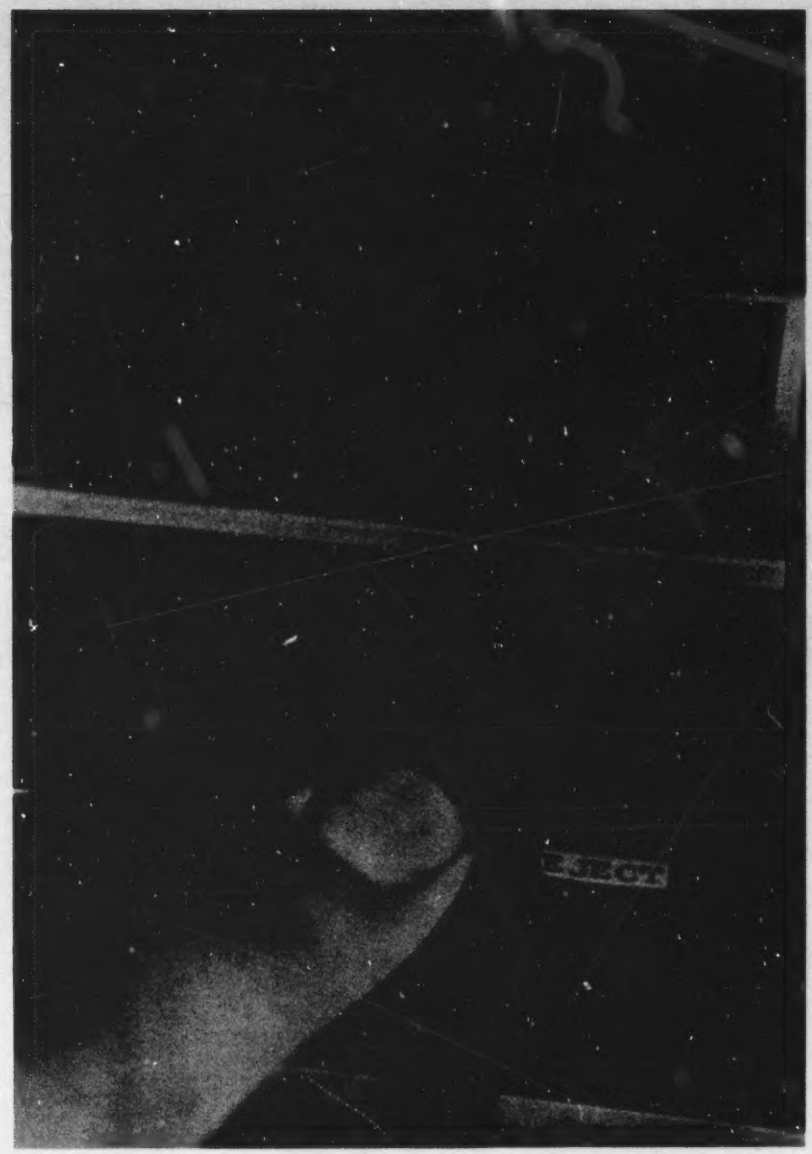
Look at page **3** in your workbook.

The materials at your table should look like this picture. You should have a workbook, a tape player, a timer, a blender, food and cooking items, and a wastebasket next to the counter.

Turn to page **4.**

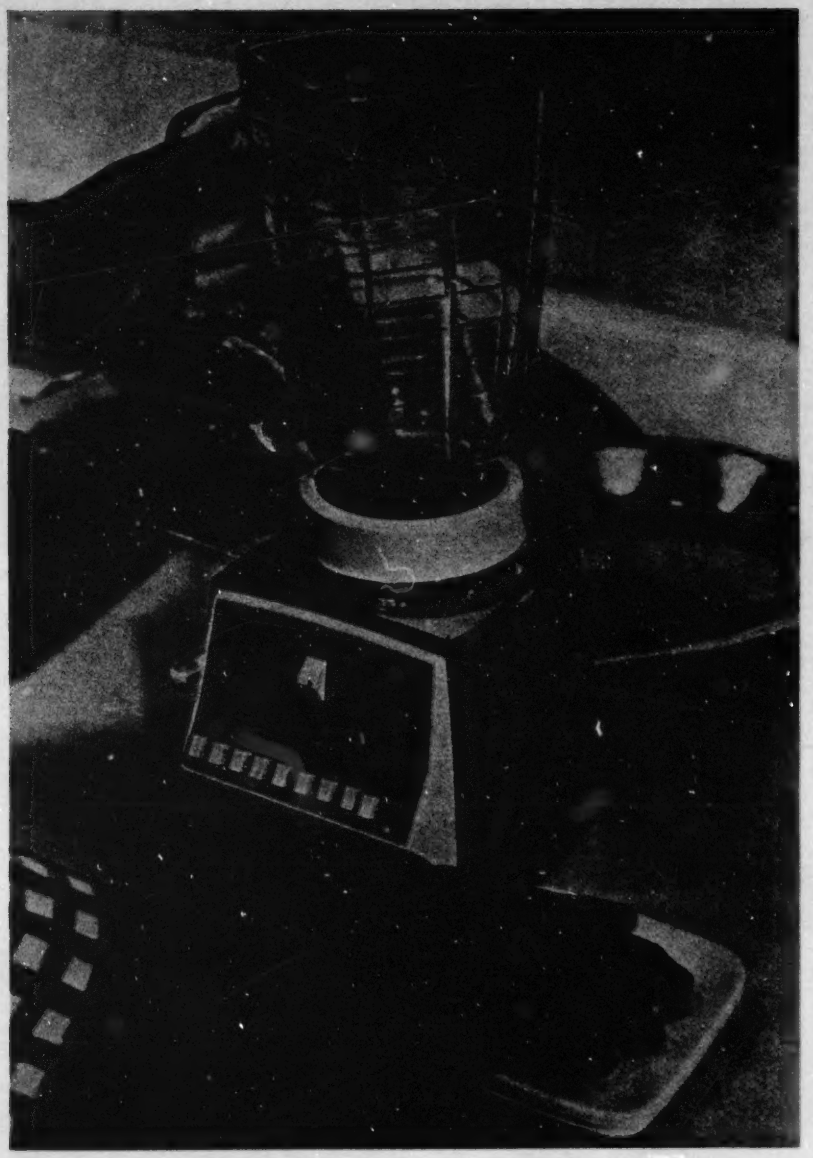
Before we start making the cheesecake be sure you know how to use the cassette tape player. The button which is pressed down now is the play button. This makes the tape go. To hear my voice you press this button.

Look at page **5.**



When you want to stop the tape you press the stop button. In this picture the stop button is pressed down. Pushing the stop button will stop the tape so you will have enough time to do the work. After you do the work, you can find out what to do next by pressing the play button.

Turn to page **6.**

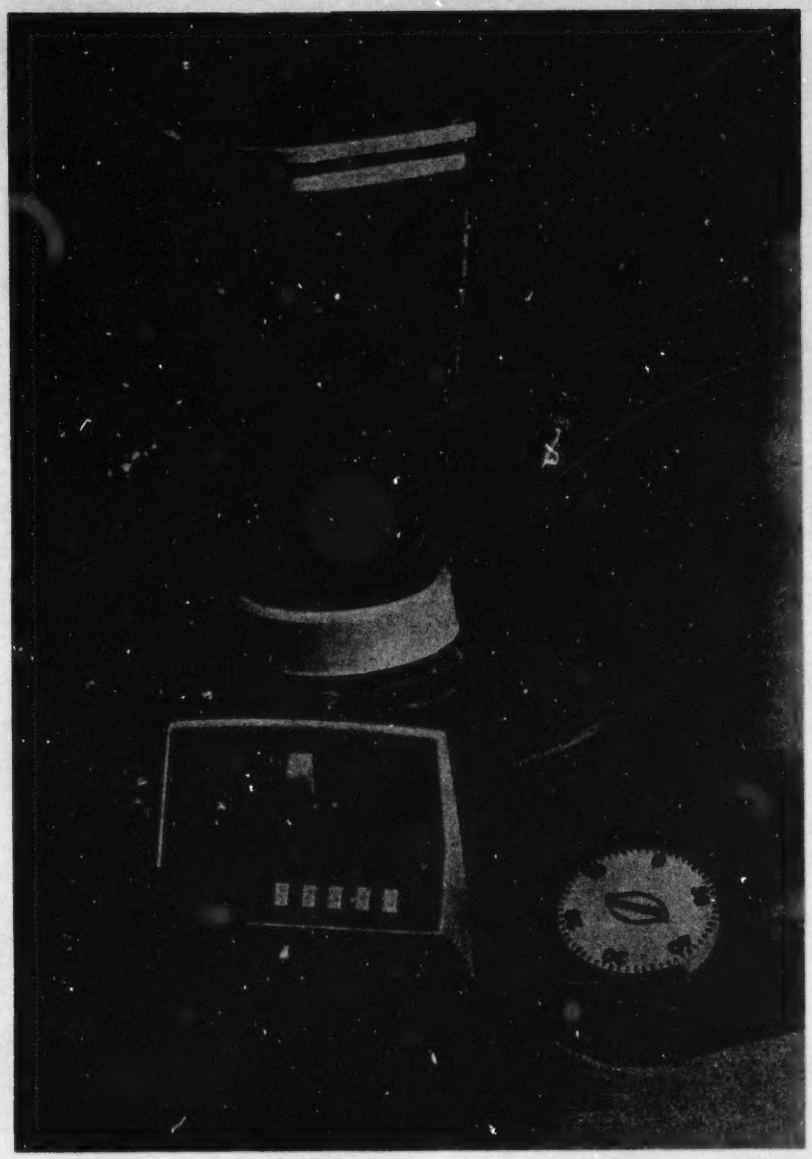


Take the cover off the blender and set it on the counter.

Look at page **7.**

Pick up four crackers from the pile to the left of the blender and break them into the blender container.

Turn to page **8.**



Put the top back on the blender. Turn the blender on and wait until the crackers are all small crumbs and then turn it off.

Look at page **9.**

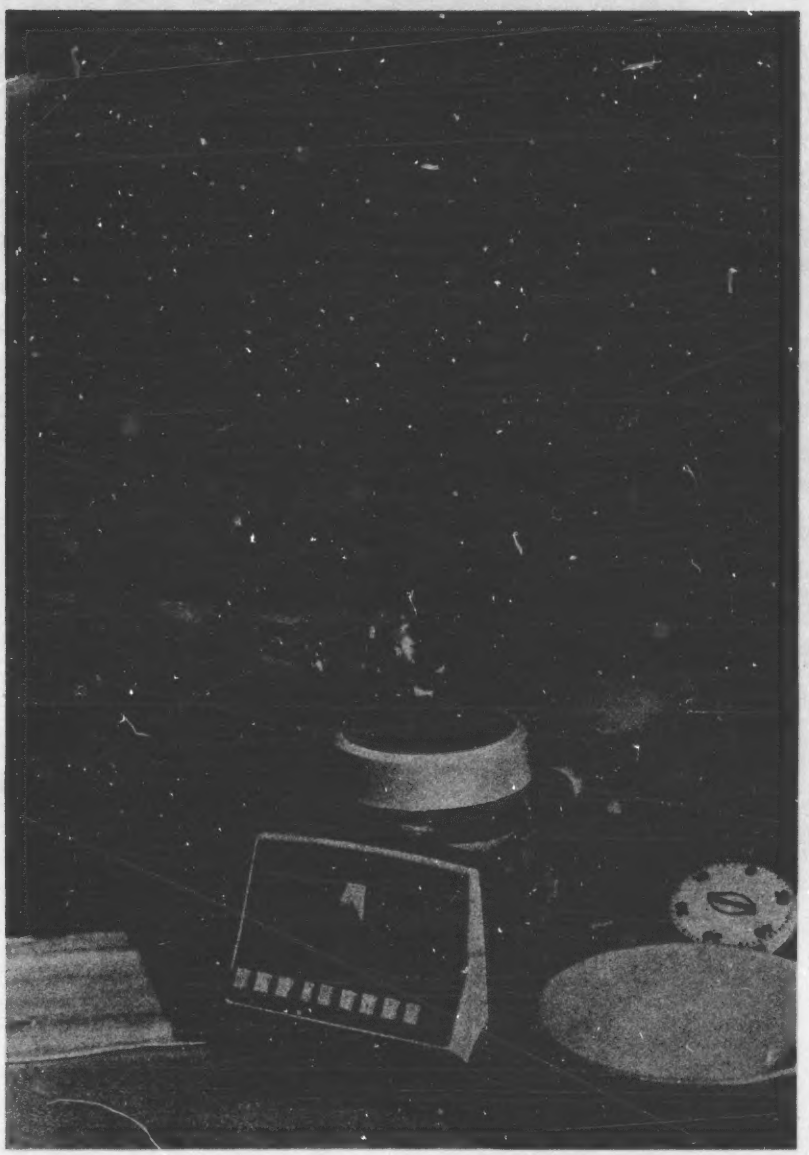
10

Remove the container by gently wiggling and lifting the container off the base. Set the container on the table.

Turn to page **10.**

Take the cover off the blender and set it on the counter. Pick up the brown bowl and set it in front of you. Pour the crackers from the blender into the brown bowl. Use the rubber spatula to help scrape the crumbs out of the container.

Look at page **11.**



Put the blender container back on the base.

Now we will grate the other four crackers on the left. Break them into the blender and put the cover on.

Turn the blender on and wait until the crackers are all small crumbs and then turn it off. Remove the blender cover.

Remove the container and pour the crumbs into the same brown bowl. Use the spatula to get most of the crumbs out.

Turn to page **12.**

Put the brown bowl back out of the way.

Now replace the blender container in the base.

Put the empty brown cup and the three graham crackers from the right end of the counter in front of you.

Now we will grate these three graham crackers the same way we did the others and pour them into the empty brown cup. Don't forget to put the cover on the blender.

Look at page **13.**

Put the brown cup of crumbs back out of your way.

Take the pan with the butter over to the stove. Set the stove on low heat. Use the rubber spatula to move the butter around as it melts. Do not let the butter turn brown.

Melting the butter will take a few minutes, so stop the tape player. When the butter is all melted, put the pan on a cooling rack, and start the tape player again.

Turn off the stove and put the pan on a cooling rack.

Turn to page **14.**

Put the brown bowl with the graham crackers in front of you.

Pour the melted butter into the brown bowl with the graham cracker crumbs, and put the pan back on the cooling rack.

Use the rubber spatula to stir the butter and graham cracker crumbs together.

Look at page **15.**

Put the pie pan in front of you.

Pour the graham cracker and butter mixture into the pie pan.

Scrape the brown bowl with the rubber spatula so most of the mixture goes into the pie pan.

Turn to page **16**

Now make the pie crust by patting the mixture evenly around the bottom and sides of the pie pan. Stop the tape player while you do this. When you are finished, press the play button.

Wipe your hands on a paper towel and throw the towel into the wastebasket.

Look at page **17.**

Put the pie plate and brown bowl back out of the way.

Go to the sink and rinse out the blender container, and put it back in the base.

Pick up the egg.

Crack it on the counter and pour it into the blender.

Throw the egg shell into the wastebasket and wipe your hands again.

Turn to page **18.**

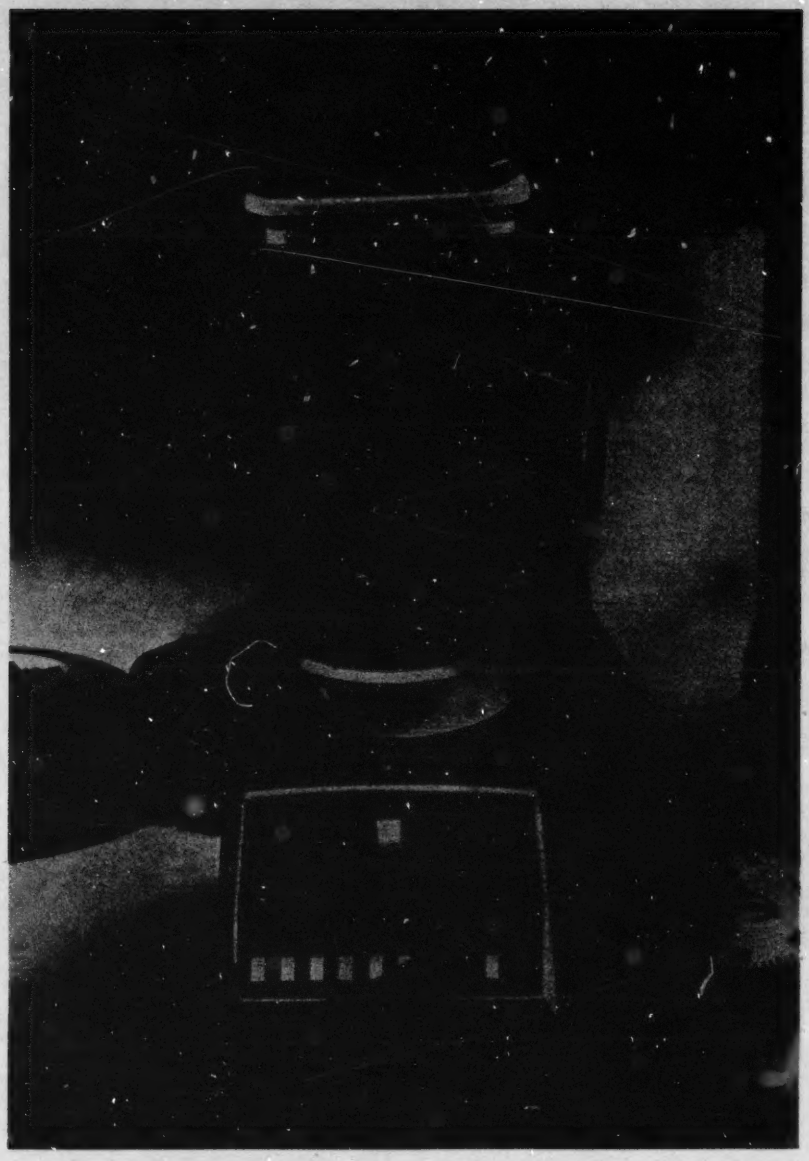
Put the cover on the blender.
Set the timer for one minute,
and start the blender. When the timer rings, turn off the blender.

Look at page **19.**

Take off the blender cover.

Pick up the white bowl of sugar and pour the sugar into the blender.

Turn to page **20**



Put the cover on the blender.
Set the timer for one minute,
and start the blender. Stop the blender when the timer rings.

Look at page **21.**

Take the cover off the blender.

Pick up the cup of pineapple juice and pour the juice into the blender.

Put the empty cup back out of your way.

Turn to page **22.**

Rinse the spatula under clean water in the sink.

Pick up the plate with the cream cheese, and use the spatula to scrape the cream cheese into the blender container.

Look at page **23.**

Put the cover on the blender.

Set the timer for three minutes.

Turn on the blender. When the timer rings, turn off the blender.

Turn to page **24.**

Take the cover off the blender.

Take the blender off the base.

Put the pie pan in front of you and pour the mixture into it. Use the spatula to get most of the mixture out of the container.

Look at page **25.**

The cheesecake needs to bake 45 minutes. While it is baking we can make the topping for it. Stop the tape player while you ask your teacher to put the cheesecake in the oven. When you are ready to make the topping, start the tape again.

Turn to page **26.**

Gather up the blender container, the cover and the spatula. Rinse them out in the sink and dry them.

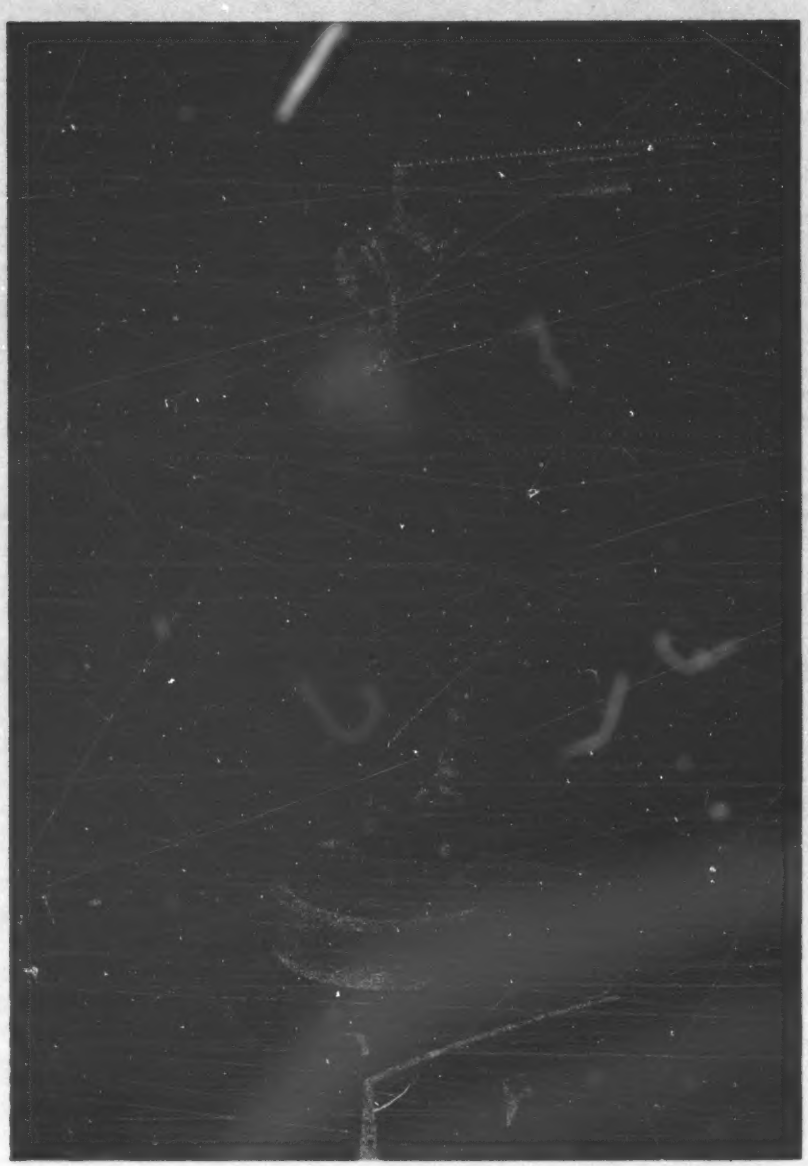
Look at page **27.**

Put the blender container back on the base.

Pick up the brown cup of sugar and pour the sugar into the blender.

Put the cup back out of your way.

Turn to page **28.**



Pick up the bowl of sour cream.

Scrape the sour cream into the blender with the spatula.

Put the empty bowl back out of your way.

Look at page **29.**

Put the cover on the blender.
Set the timer for one minute,
and start the blender. When the timer rings, stop the blender.

Turn to page **30.**

Take the cover off the blender.

Take the blender off the base.

Put the empty white bowl in front of you.

Pour the mixture into the white bowl. Use the spatula to help scrape the topping into the bowl.

Look at page **31.**

While you are waiting for the cheesecake to bake, you can clean the blender.

Set the blender container and cover near the sink.

Also put your workbook near the sink.

Turn to page **32.**

Put the stopper in the sink.

Squirt soap into the sink.

Fill the sink about half full of warm water. Stop the tape now and start it again when the sink is half full of water and you are ready for the next step.

Look at page **33.**

Unscrew the bottom of the blender container and take it apart. Be careful with the blade, because it is very sharp.

Put these parts, the glass container, and the cover into the sink.

Turn to page **34**.

Wash each piece with your dish cloth, then rinse it and put it on the drying rack. Stop the tape player while you do this. Push the play button when you are ready for the next step.

Look at page **35.**

Wring out the dishcloth so most of the water is out of it.

Take the dishcloth to your cooking counter and unplug the blender base. It is important to remember *never to put the blender base in the water.* Wipe the blender base off with the dishcloth.

Turn to page **36.**

Now bring the empty food containers and the rubber spatula to the sink. Wash the dirty dishes, rinse them, and put them on the drying rack. After you finish doing the dishes, wait for your teacher to take the cheesecake out of the oven. Stop the tape player while you are waiting.

Look at page **37.**

Do not touch the cheesecake or pan because they are very hot. Put the white bowl with the sour cream and sugar mixture near the cheesecake. Pour the sour cream and sugar mixture onto the cheesecake.

Use the spatula to scrape most of the topping from the bowl.

Turn to page **38.**

Put the brown cup in front of you.

Sprinkle graham cracker crumbs from the brown cup over the cheesecake. Now ask your teacher to put the cheesecake back into the oven to bake 10 more minutes. Stop the tape. Push the play button as soon as the cheesecake is in the oven.

Look at page **39.**

Wash, rinse, and put the white bowl on the drying rack. Put the spatula and the brown cup on the rack too. Stop the tape while you do these dishes. Start it again when you are ready for the next step.

Wipe off the counter with your dishcloth, and let the water out of the sink. You are now done.

I hope you have enjoyed making the cheesecake and I hope you will enjoy eating it even more.

Food and Equipment List
and
Layout Chart

Materials Needed for the Blender Cheesecake Lesson

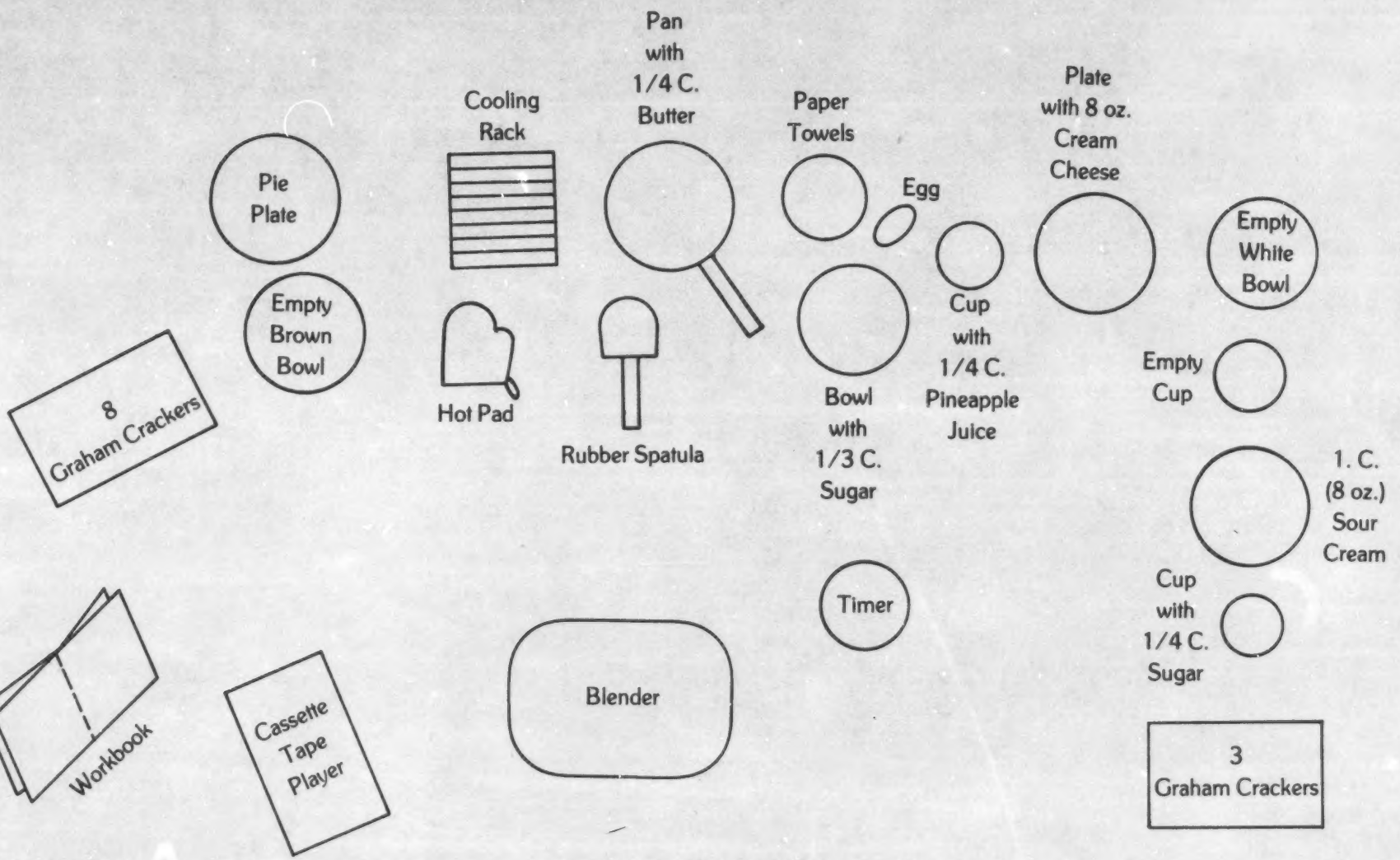
Food

11 (1 Package) graham crackers
1/4 C. butter
8 ounces (1 package) cream cheese -- softened
1 egg
1/4 C. unsweetened pineapple juice
1 C. (8 oz. package) sour cream
1/3 C. sugar
1/4 C. sugar

Equipment

workbook
cassette tape
cassette tape player
electric blender
rubber spatula
small pan
hot pad
cooling rack
pie plate
timer
roll of paper toweling
1 brown bowl - empty
2 white bowls
    1 empty
    1 for 1/3 C. sugar
3 brown cups
    1 empty
    1 for pineapple juice
    1 for 1/4 C. sugar
plate for cream cheese
measuring cups
dishwashing detergent
dishcloth
dish towel

Food and Equipment Placement for the Blender Cheesecake Lesson



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The Wisconsin Vocational Studies Center at the University of Wisconsin-Madison was reorganized with the support of the Wisconsin Board of Vocational, Technical and Adult Education within the School of Education in 1971. The function of the Center is to serve the State of Wisconsin in a unique way by bringing the resources of the University to bear on identified problems in the delivery of vocational and manpower programs-vocational education, technical education, adult education, career education, manpower training-to citizens of all ages in all communities of the State. The Center focuses upon the delivery of services including analyses of need, target groups served, institutional organization, instructional and curriculum methodology and content, labor market needs, manpower policy, and other appropriate factors. To the extent that these goals are enhanced and the foci of problems widened to encompass regional and national concerns, the Center engages in studies beyond the boundaries of the State.

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